

This brochure was developed as part of

MAINE SMILES MATTER

An Early Childhood Caries
Prevention and Intervention
Program for Non-Dental Providers

Created by the Education Committee
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How To Keep My Baby's Mouth Healthy



Why do I need to help my baby have a healthy mouth?

Healthy baby teeth are used for:

- chewing food
- speaking clearly
- saving space for permanent teeth
- good health
- feeling good about yourself



Things I can do to help my baby have a healthy mouth

- ◇ Make sure I brush and floss my teeth to keep my mouth healthy and not pass germs that cause cavities to my baby
- ◇ Before my baby has teeth, wipe my baby's gums with a soft, damp cloth 2 times a day
- ◇ Breastfeed or give my baby a bottle or sip cup only at feeding times
- ◇ Don't put my baby to bed with a bottle or sip cup or allow my baby to nurse at will
- ◇ Give my baby a pacifier with nothing on it, especially anything sweet
- ◇ Never put my baby's pacifier in my mouth before giving it to my baby
- ◇ Ask my child's health care provider to check my baby's teeth before age one
- ◇ Use a soft toothbrush, without toothpaste, to clean my baby's teeth
- ◇ Ask my baby's doctor about fluoride